

focus on good health



FocusOnGoodHealth.com is an EXIT Realty Health and Wellness Initiative

<p><i>November 1</i></p> <p>Take 120 seconds in the morning to visualize what you want and 120 seconds at night to reflect on what worked.</p>	<p><i>2</i></p> <p>Staring at a PC can make your eyes feel tired. Use the 20:20:20 rule. Every 20 minutes, look 20 feet away for 20 seconds.</p>	<p><i>3</i></p> <p>Evaluate your sleep habits. Are you getting 7-9 hours? Is your night time routine consistent or in need of attention?</p>	<p><i>4</i></p> <p>Be generous with your time and talents. Volunteer and reap the positive rewards associated with giving back.</p>	<p><i>5</i></p> <p>Snack smart. If you've got a busy day ahead, be sure to pack healthy snacks to prevent binging at the end of the day.</p>	<p><i>6</i></p> <p>Express gratitude today. Send a note, make a call, or visit someone who has made a difference in your life.</p>	<p><i>7</i></p> <p>Be physically active for 30 minutes/ day. Regular exercise keeps hormone levels healthy and boosts the immune system.</p>
<p><i>8</i></p> <p>Maintain a healthy weight without being underweight. Be sure to feed your body whole foods & water regularly.</p>	<p><i>9</i></p> <p>Remove processed meat from your grocery list. Instead look for grass-fed, free-range, antibiotic-free alternatives.</p>	<p><i>10</i></p> <p>Drink water while physically active even if you don't feel thirsty. Water both rehydrates you and helps to metabolize fat.</p>	<p><i>11</i></p> <p>Plants are calming and add Feng Shui to your environment. Add a plant to your home or office - remember to water it!</p>	<p><i>12</i></p> <p>Add more steps! Use your smart phone or wearable technology to count the number of steps you take each day.</p>	<p><i>13</i></p> <p>Go out of your way to perform a random act of kindness today!</p>	<p><i>14</i></p> <p>Commit to spending at least an hour of quality time with your spouse, child or someone special today.</p>
<p><i>15</i></p> <p>To reduce body inflammation, avoid corn, canola and sunflower oils and choose olive, flax and coconut oils instead.</p>	<p><i>16</i></p> <p>Tackling a new fitness regime can be a challenge. There will be ups and downs, setbacks and victories. Don't give up!</p>	<p><i>17</i></p> <p>What habits would you like to stop? What habits would you like to start? Make a short list to put things into perspective.</p>	<p><i>18</i></p> <p>Include raw or fermented foods in your diet. They are highly nourishing packed with vitamins and enzymes.</p>	<p><i>19</i></p> <p>It's cupboard cleanout time! Remove items that you may have bought that are high in sodium, fat or sugars.</p>	<p><i>20</i></p> <p>Keep your mind in shape by walking and listening to a new motivational or inspiration audiobook this month.</p>	<p><i>21</i></p> <p>Distracted? Don't be! Don't eat, drink, apply makeup or use your phone while driving. #commonsense</p>
<p><i>22</i></p> <p>Avoid drinking your calories! Fancy coffees, lattes and sugary drinks can squander your entire caloric count for the day.</p>	<p><i>23</i></p> <p>Try to eat food that you can pick, pull out of the ground, chase after to obtain, or that which comes from the ocean.</p>	<p><i>24</i></p> <p>Journaling can help clarify thoughts and feelings. Spend 20 minutes writing to enhance emotional self-awareness.</p>	<p><i>25</i></p> <p>The holiday season is upon us! Make a list of all the things you need to do now, so you won't stress later.</p>	<p><i>26</i></p> <p>Happiness is a choice. You can choose to enjoy what you are doing or focus on negativity. What's your choice?</p>	<p><i>27</i></p> <p>Inhale, exhale. Relaxation is a good way to clear the mind and find some inner happiness. Make time to breathe deeply today.</p>	<p><i>28</i></p> <p>Start off small. No matter how high the mountain, focus on consistently taking one step at a time to reach the top.</p>
<p><i>29</i></p> <p>Being connected 24/7 adds stress to our lives and can negatively affect us psychologically and physically. Unplug!</p>	<p><i>30</i></p> <p>Encourage children to help with meals. They are more likely to eat and enjoy it when they have a sense of ownership.</p>					